

# VANILLA



# CHOCOLATE



# COOKIE DOUGH



# PEANUT BUTTER FUDGE



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (89g)	
Calories	Per serving	Per container	
	<b>190</b>	<b>560</b>	
	% DV*		% DV*
<b>Total Fat</b>	19g	24%	56g
Saturated Fat	11g	55%	34g
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	95mg	32%	290mg
<b>Sodium</b>	70mg	3%	210mg
<b>Total Carb.</b>	13g	5%	38g
Dietary Fiber	2g	7%	7g
Total Sugars	0g		0g
Incl. Added Sugars	0g	0%	0g
Sugar Alcohol	9g		27g
<b>Protein</b>	2g		6g
Vitamin D	0mcg	0%	1mcg
Calcium	48mg	4%	143mg
Iron	0mg	0%	0mg
Potassium	40mg	0%	120mg

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>190</b>	<b>580</b>	
	% DV*		% DV*
<b>Total Fat</b>	19g	24%	57g
Saturated Fat	12g	60%	35g
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	85mg	28%	250mg
<b>Sodium</b>	75mg	3%	230mg
<b>Total Carb.</b>	14g	5%	42g
Dietary Fiber	3g	11%	10g
Total Sugars	0g		0g
Incl. Added Sugars	0g	0%	0g
Sugar Alcohol	9g		28g
<b>Protein</b>	3g		7g
Vitamin D	0mcg	0%	1mcg
Calcium	51mg	4%	152mg
Iron	1mg	6%	4mg
Potassium	107mg	2%	321mg

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Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (92g)	
Calories	Per serving	Per container	
	<b>220</b>	<b>660</b>	
	% DV*		% DV*
<b>Total Fat</b>	21g	27%	64g
Saturated Fat	12g	60%	37g
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	85mg	28%	260mg
<b>Sodium</b>	115mg	5%	340mg
<b>Total Carb.</b>	18g	7%	55g
Dietary Fiber	3g	11%	9g
Total Sugars	0g		<1g
Incl. Added Sugars	0g	0%	0g
Sugar Alcohol	13g		40g
<b>Protein</b>	3g		9g
Vitamin D	0mcg	0%	1mcg
Calcium	53mg	4%	160mg
Iron	1mg	6%	3mg
Potassium	94mg	2%	283mg

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Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>270</b>	<b>810</b>	
	% DV*		% DV*
<b>Total Fat</b>	26g	33%	79g
Saturated Fat	14g	70%	41g
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	75mg	25%	230mg
<b>Sodium</b>	125mg	5%	370mg
<b>Total Carb.</b>	15g	5%	45g
Dietary Fiber	4g	14%	11g
Total Sugars	<1g		2g
Incl. Added Sugars	0g	0%	0g
Sugar Alcohol	9g		28g
<b>Protein</b>	4g		13g
Vitamin D	0mcg	0%	1mcg
Calcium	46mg	4%	136mg
Iron	1mg	6%	4mg
Potassium	141mg	4%	421mg

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Cream, Water, Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Cream, Water, Erythritol, Chicory Root Fiber, Dutched Cocoa, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Cream, Water, Cookie Dough (Almond Flour, Erythritol, Butter, Water, Baking Soda, Salt, Sunflower Lecithin), Erythritol, Chocolate (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Cream, Water, Peanut Butter (Peanuts, Peanut Oil, Salt), Erythritol, Fudge (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg

Contains: milk, egg

Contains: milk, egg, almond, coconut

Contains: milk, egg, peanuts, coconut

12.6 carbs - 2.3 fiber - 9.0 sugar alcohol =  
1.3g net carbs per serving  
3.9g net carbs per pint

14.0 carbs - 3.3 fiber - 9.3 sugar alcohol =  
1.4g net carbs per serving  
4.2g net carbs per pint

18.3 carbs - 3.1 fiber - 13.4 sugar alcohol =  
1.8g net carbs per serving  
5.4g net carbs per pint

15.1 carbs - 3.7 fiber - 9.2 sugar alcohol =  
2.2g net carbs per serving  
6.6g net carbs per pint

# MINT CHIP



# STRAWBERRY



# BUTTER PECAN



# COFFEE CHIP



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>210</b>	<b>640</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	21g	63g	81%
Saturated Fat	14g	42g	210%
Trans Fat	0.5g	1.5g	
<b>Cholesterol</b>	90mg	265mg	88%
<b>Sodium</b>	75mg	230mg	10%
<b>Total Carb.</b>	16g	47g	17%
Dietary Fiber	4g	11g	39%
Total Sugars	0g	0g	
Incl. Added Sugars	0g	0g	0%
Sugar Alcohol	11g	32g	
<b>Protein</b>	3g	8g	
Vitamin D	0mcg	1mcg	6%
Calcium	48mg	143mg	10%
Iron	1mg	4mg	20%
Potassium	98mg	294mg	6%

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Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>170</b>	<b>520</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	16g	47g	60%
Saturated Fat	10g	29g	145%
Trans Fat	0.5g	1.5g	
<b>Cholesterol</b>	80mg	245mg	82%
<b>Sodium</b>	60mg	180mg	8%
<b>Total Carb.</b>	17g	50g	18%
Dietary Fiber	4g	7g	25%
Total Sugars	<1g	1g	
Incl. Added Sugars	0g	0g	0%
Sugar Alcohol	13g	38g	
<b>Protein</b>	2g	5g	
Vitamin D	0mcg	1mcg	6%
Calcium	42mg	126mg	10%
Iron	0mg	0mg	0%
Potassium	48mg	143mg	4%

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Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (89g)	
Calories	Per serving	Per container	
	<b>230</b>	<b>700</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	24g	71g	91%
Saturated Fat	11g	32g	160%
Trans Fat	0.5g	1.5g	
<b>Cholesterol</b>	85mg	260mg	87%
<b>Sodium</b>	125mg	370mg	16%
<b>Total Carb.</b>	13g	38g	14%
Dietary Fiber	3g	9g	32%
Total Sugars	0g	1g	
Incl. Added Sugars	0g	0g	0%
Sugar Alcohol	8g	24g	
<b>Protein</b>	3g	8g	
Vitamin D	0mcg	1mcg	6%
Calcium	49mg	147mg	10%
Iron	0mg	1mg	6%
Potassium	70mg	212mg	4%

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Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>210</b>	<b>630</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	21g	62g	79%
Saturated Fat	14g	41g	205%
Trans Fat	0.5g	1.5g	
<b>Cholesterol</b>	90mg	265mg	88%
<b>Sodium</b>	75mg	230mg	10%
<b>Total Carb.</b>	16g	48g	17%
Dietary Fiber	4g	11g	39%
Total Sugars	0g	0g	
Incl. Added Sugars	0g	0g	0%
Sugar Alcohol	10g	31g	
<b>Protein</b>	3g	8g	
Vitamin D	0mcg	1mcg	6%
Calcium	50mg	148mg	10%
Iron	1mg	4mg	20%
Potassium	127mg	381mg	8%

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Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Mint Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, coconut

15.6 carbs - 3.6 fiber - 10.8 sugar alcohol =  
1.2g net carbs per serving  
3.6g net carbs per pint

Cream, Water, Erythritol, Strawberries, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Flavors, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Xanthan Gum, Carob Gum.

Contains: milk, egg

16.8 carbs - 2.2 fiber - 12.7 sugar alcohol =  
1.9g net carbs per serving  
5.7g net carbs per pint

Cream, Water, Roasted Pecans (Pecans, Butter, Coconut Oil, Salt), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, pecan, coconut

12.5 carbs - 3.0 fiber - 8.1 sugar alcohol =  
1.4g net carbs per serving  
4.2g net carbs per pint

Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Coffee, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, coconut

15.9 carbs - 3.6 fiber - 10.4 sugar alcohol =  
1.9g net carbs per serving  
5.7g net carbs per pint



# BLACK RASPBERRY



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (92g)	
Calories	Per serving	Per container	
	<b>180</b>	<b>530</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	16g	21%	48g 62%
Saturated Fat	10g	50%	29g 145%
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	85mg	28%	250mg 83%
<b>Sodium</b>	60mg	3%	180mg 8%
<b>Total Carb.</b>	17g	6%	51g 19%
Dietary Fiber	2g	7%	7g 25%
Total Sugars	<1g		2g
Incl. Added Sugars	0g	0%	0g 0%
Sugar Alcohol	13g		38g
<b>Protein</b>	2g		5g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	43mg	4%	129mg 10%
Iron	0mg	0%	1mg 6%
Potassium	35mg	0%	104mg 2%

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# CHERRY CHIP



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>190</b>	<b>560</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	17g	22%	52g 67%
Saturated Fat	11g	55%	33g 165%
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	75mg	25%	230mg 77%
<b>Sodium</b>	65mg	3%	200mg 9%
<b>Total Carb.</b>	18g	7%	54g 20%
Dietary Fiber	3g	11%	9g 32%
Total Sugars	<1g		2g
Incl. Added Sugars	0g	0%	0g 0%
Sugar Alcohol	13g		39g
<b>Protein</b>	2g		7g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	42mg	4%	125mg 10%
Iron	1mg	6%	3mg 15%
Potassium	80mg	2%	240mg 6%

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# TRIPLE CHOCOLATE COCONUT ALMOND SWIRL



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
Calories	Per serving	Per container	
	<b>190</b>	<b>570</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	18g	23%	54g 69%
Saturated Fat	12g	60%	35g 175%
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	70mg	23%	205mg 68%
<b>Sodium</b>	100mg	4%	300mg 13%
<b>Total Carb.</b>	19g	7%	56g 20%
Dietary Fiber	6g	21%	18g 64%
Total Sugars	0g		1g
Incl. Added Sugars	0g	0%	0g 0%
Sugar Alcohol	11g		33g
<b>Protein</b>	3g		9g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	46mg	4%	138mg 10%
Iron	2mg	10%	7mg 40%
Potassium	149mg	2%	444mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (92g)	
Calories	Per serving	Per container	
	<b>200</b>	<b>610</b>	
	% DV*	% DV*	% DV*
<b>Total Fat</b>	19g	24%	58g 74%
Saturated Fat	10g	50%	30g 150%
Trans Fat	0.5g		1.5g
<b>Cholesterol</b>	80mg	27%	240mg 80%
<b>Sodium</b>	100mg	4%	300mg 13%
<b>Total Carb.</b>	17g	6%	52g 19%
Dietary Fiber	5g	18%	16g 57%
Total Sugars	<1g		2g
Incl. Added Sugars	0g	0%	0g 0%
Sugar Alcohol	10g		30g
<b>Protein</b>	3g		10g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	59mg	4%	176mg 15%
Iron	1mg	6%	3mg 15%
Potassium	109mg	2%	326mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cream, Water, Erythritol, Sour Cherries, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Cherry Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Carob Gum.

Contains: milk, egg, coconut

17.1 carbs - 2.2 fiber - 12.6 sugar alcohol =  
2.3g net carbs per serving  
6.9g net carbs per pint

Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Dutched Cocoa, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Butter, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Sunflower Lecithin.

Contains: milk, egg, coconut

18.7 carbs - 6.1 fiber - 10.9 sugar alcohol =  
1.7g net carbs per serving  
5.1g net carbs per pint

Cream, Water, Roasted Almonds (Almonds, Coconut Oil, Butter, Salt), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Cocoa, Natural Coconut Flavor, Butter, Salt, Vanilla Extract, Peruvian Carob Gum, Guar Gum, Monk Fruit, Sunflower Lecithin.

Contains: milk, egg, coconut

17.3 carbs - 5.4 fiber - 9.9 sugar alcohol =  
2.0g net carbs per serving  
6.0g net carbs per pint

Cream, Water, Erythritol, Black Raspberries, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Carob Gum.

Contains: milk, egg

17.1 carbs - 2.2 fiber - 12.6 sugar alcohol =  
2.3g net carbs per serving  
6.9g net carbs per pint

# COOKIES & CREAM



Nutrition Facts				
3 servings per container				
Serving size		2/3 cup (92g)		
Calories	Per serving	Per container		
	<b>220</b>	<b>650</b>		
	% DV*	% DV*		
<b>Total Fat</b>	21g	27%	62g	79%
Saturated Fat	11g	55%	32g	160%
Trans Fat	0.5g		1.5g	
<b>Cholesterol</b>	85mg	28%	250mg	83%
<b>Sodium</b>	130mg	6%	400mg	17%
<b>Total Carb.</b>	18g	7%	53g	19%
Dietary Fiber	3g	11%	9g	32%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	12g		37g	
<b>Protein</b>	4g		11g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	57mg	4%	170mg	15%
Iron	1mg	6%	2mg	10%
Potassium	104mg	2%	311mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# SALTED CARAMEL



Nutrition Facts				
3 servings per container				
Serving size		2/3 cup (91g)		
Calories	Per serving	Per container		
	<b>180</b>	<b>530</b>		
	% DV*	% DV*		
<b>Total Fat</b>	17g	22%	50g	64%
Saturated Fat	10g	50%	31g	155%
Trans Fat	0.5g		1.5g	
<b>Cholesterol</b>	85mg	28%	255mg	85%
<b>Sodium</b>	150mg	7%	440mg	19%
<b>Total Carb.</b>	17g	6%	52g	19%
Dietary Fiber	5g	18%	16g	57%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	10g		31g	
<b>Protein</b>	2g		7g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	52mg	4%	157mg	10%
Iron	0mg	0%	0mg	0%
Potassium	36mg	0%	108mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cream, Water, Cookies (Almond Flour, Erythritol, Dutched Cocoa, Palm Oil, Water, Natural Flavors, Baking Soda, Salt, and Sunflower Lecithin), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Cookies & Cream Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, almond

17.8 carbs - 3.0 fiber - 12.2 sugar alcohol =  
2.6g net carbs per serving  
7.8g net carbs per pint

Cream, Water, Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Caramel Flavors, Butter, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Carob Gum, Cocoa, Sunflower Lecithin, Annatto.

Contains: milk, egg

17.4 carbs - 5.3 fiber - 10.3 sugar alcohol =  
1.8g net carbs per serving  
5.4g net carbs per pint